

Self-reflection is a kind of self-judgment. The difference is just this the former is positive and the latter is negative.

Balroop Singh

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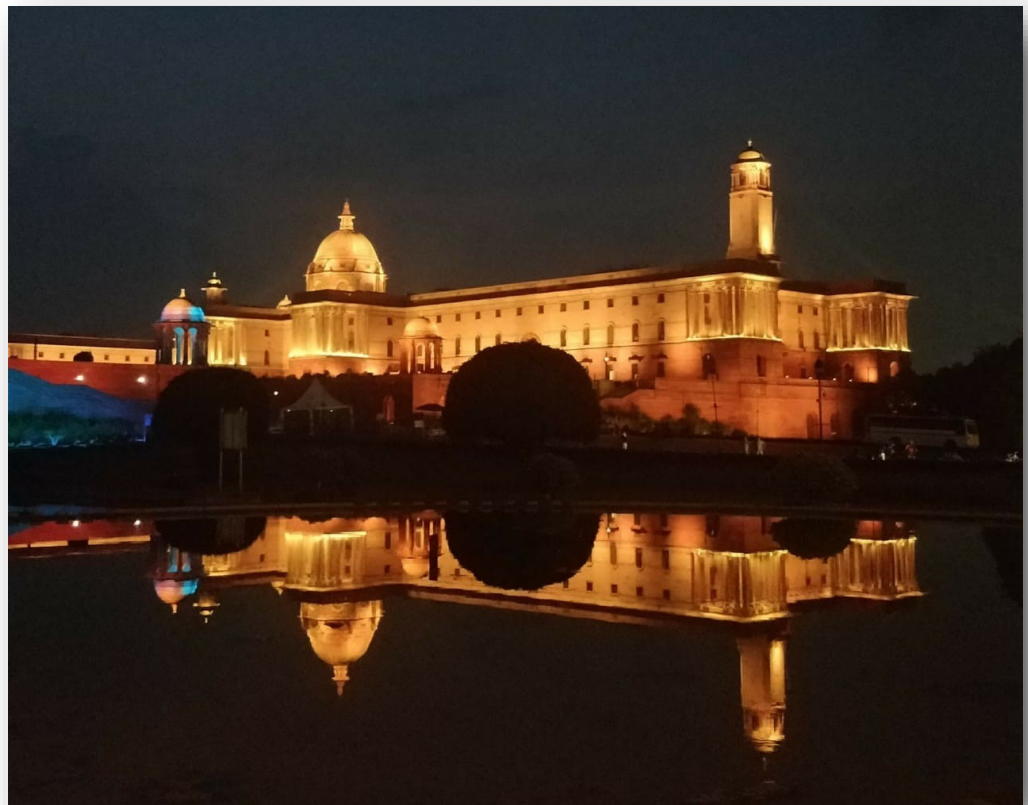
Unless you learn to face your own shadows, you will continue to see them in others, because the world outside you is only a reflection of the world inside you.

Unknown

Reflections

Volume II, Issue X

October 2021



Majestic South block, New Delhi—Photography by Dr. Ritu Gupta



Photography : Dr. Viral Parekh

Reflections

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Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am very happy to present here the nineteenth issue of Reflections. Wish you all a very happy Durga Puja, Navratri and Dusshera.

Manike Mage Hithe!!!.

I am sure most of you have heard this Sinhalese song by Yohani and Satheesan of Sri Lanka. It has become a rage and has hit 130 million {13 crore} views since it was first released around 4 months back on YouTube. Most of us in India do not understand the meaning of its lyrics { though now translation of the lyrics is available.}. But there are cover videos in most of Indian languages which have also hit huge number views on YouTube. There is a violin cover by Karolina Protsenko of USA. It has also hit 3.2 million views within a week of its release on YouTube.

What does this signify? Only one thing - power of Music. Music transcends all barriers which society has created - like language, religion, caste, creed, colour of skin and so on. Whatever you are, if you are a good musician or a good singer, you are accepted by everyone and everywhere. No one thinks to which religion or linguistic group Kishore Kumar and Md. Rafi belong to, if you like a song sung by them, you immediately start humming with it. If you like a song by Michael Jackson or Kenny Rogers or by any one, you don't think whether he or she is a white or coloured. You love them because you love their music.

So music is a big equaliser. It is universal. It expresses love, sorrow, joy, culture, or for that matter any emotion which a human being can feel. There is nothing like music. World over thousands of languages are spoken and we have music in each and every language. Thousands of instruments are played all over the world to create music. Isn't it amazing? If I have my way, I would love to propagate music as a religion. It will unite rather than divide the world.

There are health benefits of music and it can be used as a therapy also. It lowers blood pressure, improves memory, reduces muscle tension, increases motivation, enhances communication and social skills through experiencing music with others and alleviates depression. It also helps in self reflection by observing your thoughts and emotions.

Music is everywhere. Every country has its own national anthem, which is nothing but a musical piece. Every army in the world has its own band. Most of the religions have its own form of music - be it Bha-jan, Choral singing, Gurbani and so on.

Henry Wadsworth Longfellow had once said "Music is the universal language of mankind." Sarah Dessen had once quoted "Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common." An Khalil Gibran summarises the power of music in one quote which says "Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife."

The music and dance of Garba and Ras by Gujaratis during Navratri is just mesmerising and you have to see and listen to it to feel the magic it creates. So friends enjoy music during this Navratri and Durga Puja.

This issue would not have been possible without the help of Dr. Ritu Gupta, Sushanta, Kanchan, Satyam, Dr. Rohini Patil, Dr. Girish Baragur, Dr. Praveen Bhatia, Dr. Sandhya Bhadane, Dr. Sushma Marulkar, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.

Wish you all a very happy Durga Puja, Navratri and Dusshera.



Music



Bongo is a percussion instrument belonging to the family of cylindrical drums with one drumhead. The Bongos are essentially Cuban in origin and play an important role in the Latin American dance orchestra. With its high, crisp, and varied sound, it adds spice to the rhythm section.

The Bongo is approximately eight inches high with an eight-inch diameter. The original bongo, imported from the Caribbean, had an indefinite pitch. Later forms have tension screws with which the drumhead can be tuned. The tonal range of the bongo ranges from c minor to c sharp. They consist of a pair of single-headed, open-ended drums attached to each other. The frames (frequently of unequal height) are attached to each other with a crossbar, and one drum will be tuned high while the other is tuned low.





Dr. Rohini Patil
MBBS, DGO
Consultant G&O
Vasai, Maharashtra,

Literature

Dr. Rohini Charudatta Patil is a Gynecologist by profession. She finished MBBS and DGO from GMC Miraj. She started practicing at Abhinav maternity nursing home in Nallasopara, Vasai, Palghar 12 years back. She was a columnist for "Tanaat Manaat", Dainik Herald newspaper, Goa for 2 years. She has finished 5 exams from Gandharva Vidyalaya in Kathak Nritya. She is about to publish a booklet of four liners. Here are some of her poems.

A STUDENT'S WISH

Good Lord...

Keep me aware of every moment

So I take in 100 percent

Keep my eyes ears and mind open

So I gain all values and wisdom

Keep my brain like a sponge

As into sea of knowledge I plunge

Make me courageous and also

strong

So I stand by the truth and never do

wrong

Make me so generous and so kind

In good words or deeds never to be

left behind

Finally

Help me to pass on this magic

Once I learn the teaching trick.

Work sleepless till dawn

No food or water till morn

To sort n execute every plan

To save as many as we can

Who was guilty or not

Has never been our look out

When done we leave the scene.

To reach to those moving in.....

BUSY MOMS....

I work at home; I toil at work

Quiet at times; at times berserk Of-

ten thankless n so hopeless

Never a single; task do I shirk

I can cook ;I can mend

Quality time ; I like to spend

With family kids n kin

Perhaps some moments for a lone-

some friend

DOCTOR'S

When ever a devastating terrorist

attack happens then....

[And then a doctor 's view point....

And they arrive in casualty

Smeared with blood n filthy

And we run helter skelter

To shift them to the theatre

CT MRI's and pathology

X-ray machines and sonology

All brought to their rescue

At 12 mid night or 2

If ever I take ill ;I never falter still

Am there at work ;

After popping a pill

Despite all turmoils and all odds

I try to be perfect and stick to norms

In this world of uncertainty

I am glad of my positivity

Downs and lows I deftly overcome

Opportunities and challenges are

always welcome.

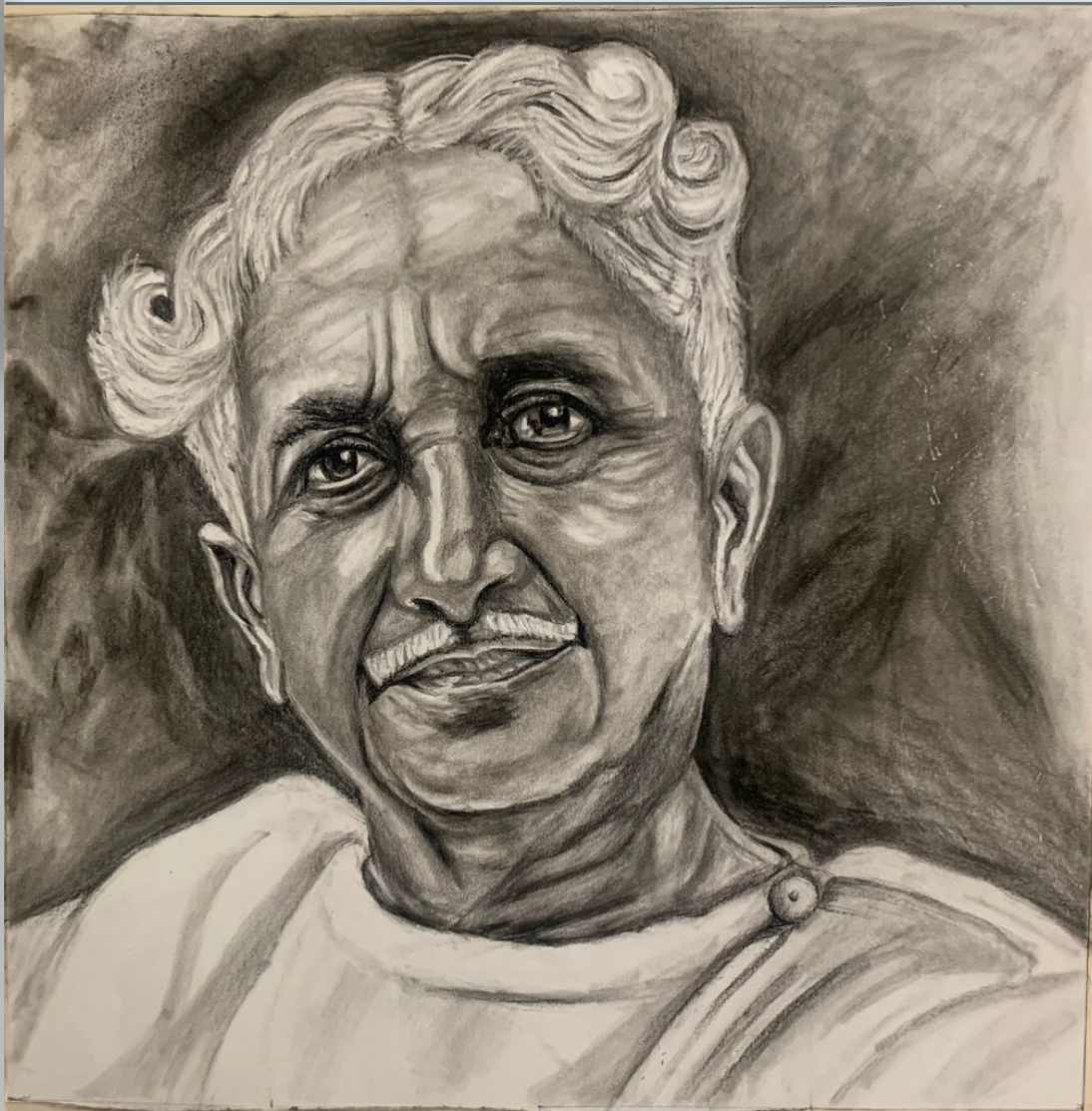


Dr. Girish Baragur V
MBBS, DMRD, DNB
Consultant Radiologist

Art

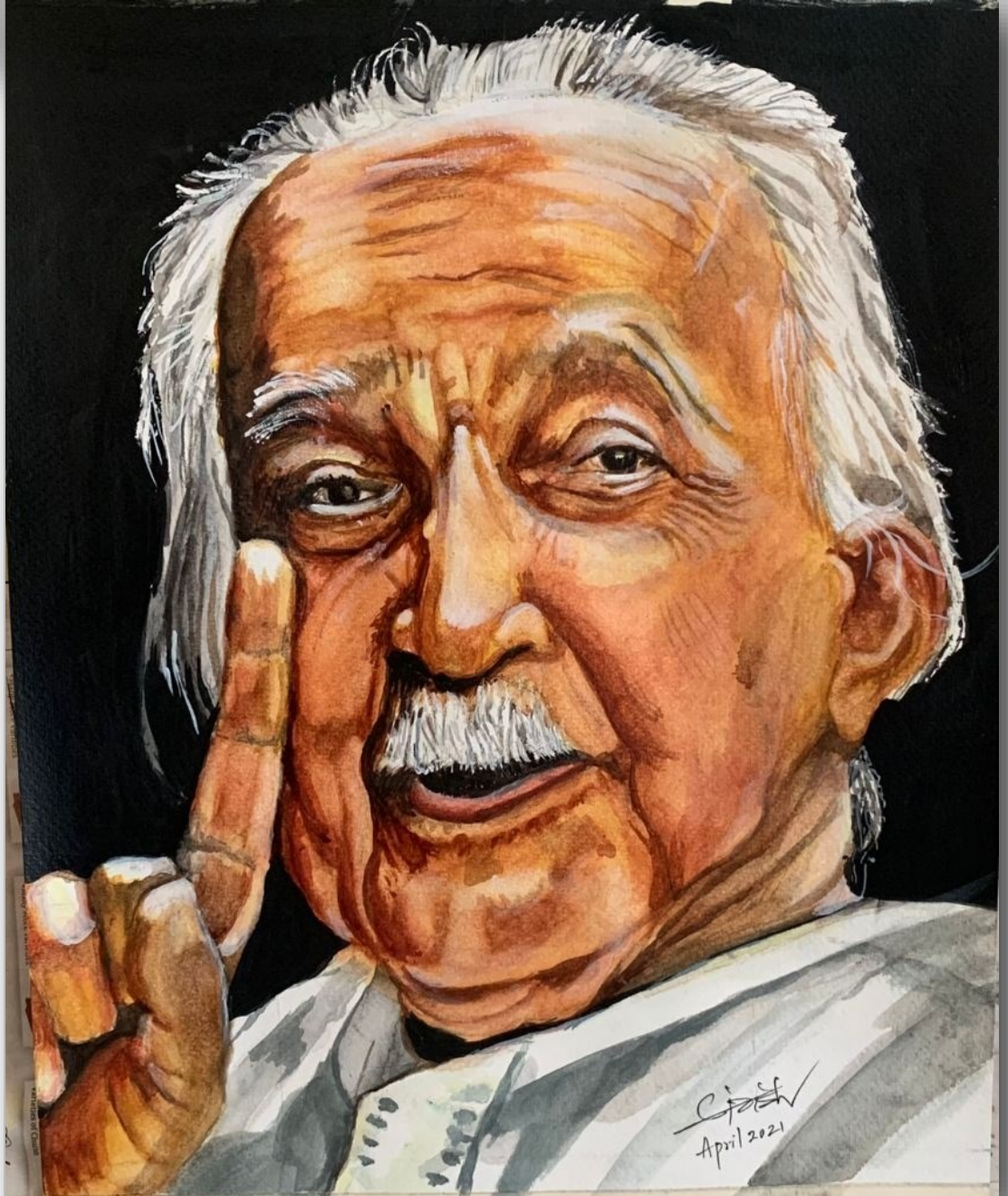
Dr. Girish is also a fellow Radiologist. He did his MBBS from M M C Mysore DMRD & DNB from LTMMC Mumbai. He did interventional Radiology Fellowship (AFSA) from France. He is now practising diagnostic and interventional radiology at Bangalore.

He used to sketch and paint during his school days and had given up after entering Medical field. About 2yrs back his interest was rekindled by looking at his daughter's art classes. So he joined an art school and for about a year learnt to use different media and techniques.. Now he paints and sketches freely on his own. Sometimes, he takes tips from YouTube. His favourite is oil paint and graphite or charcoal sketching and shading. He is fascinated by water colour and is trying more of it lately. Here are some of his sketches and paintings. I am sure you will love it.



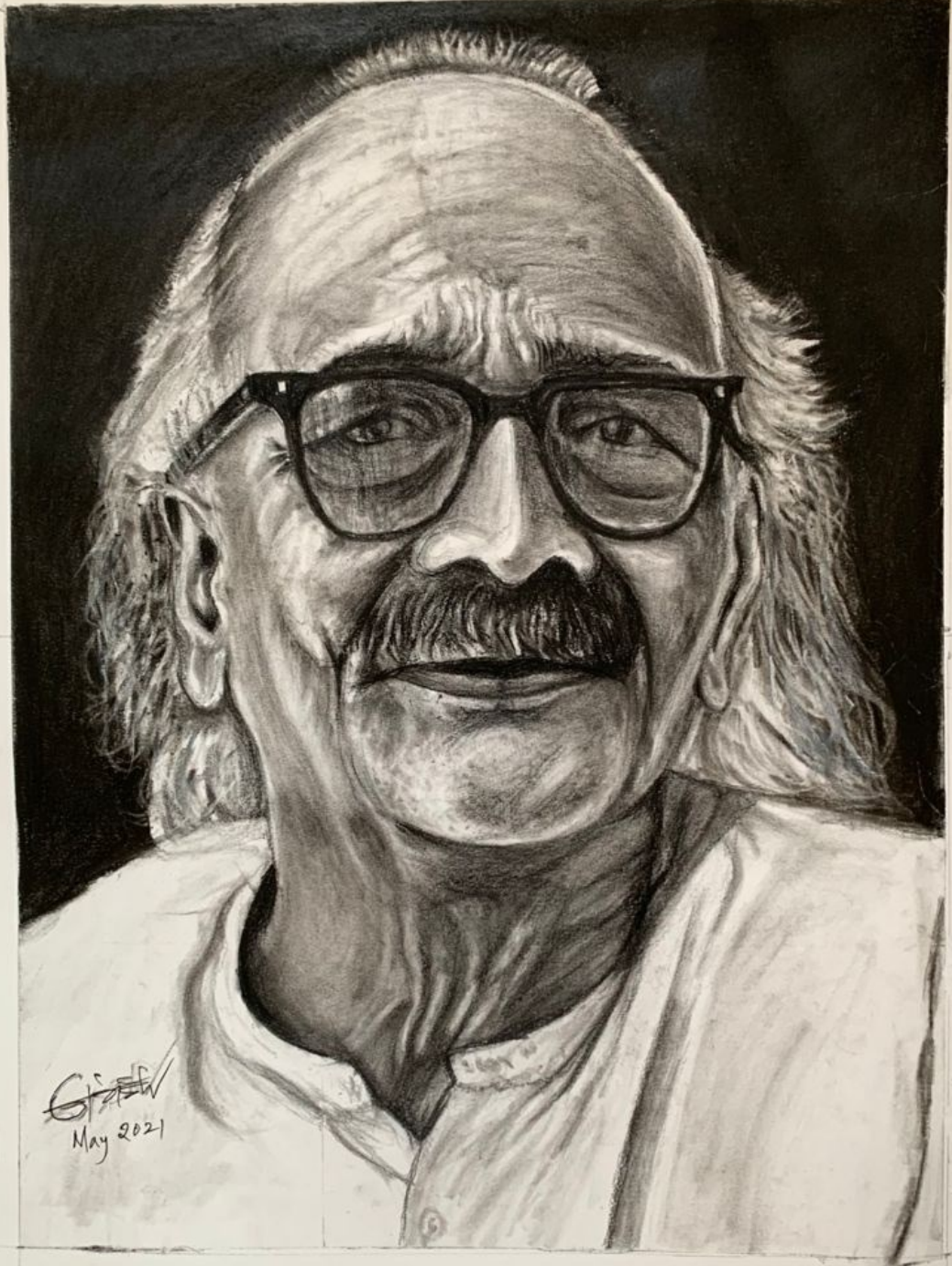


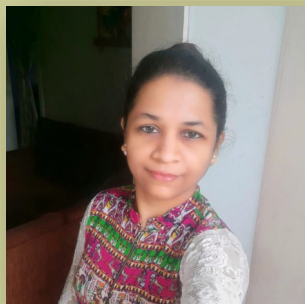
Art





Art





Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,

Art

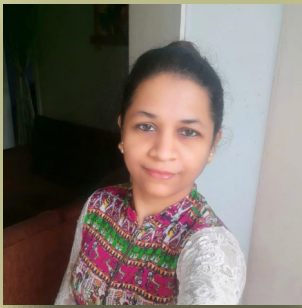
Dr Sushama Marulkar is also a Radiologist. She completed her MBBS from MGM Medical college, Navi Mumbai. She did her DMRE from Kolhapur. She and her husband who is also a Radiologist have their own diagnostic Centre, Shubham Diagnostic Centre at Satara, Maharashtra.

During school days, she passed elementary, intermediate drawing exams with good grades, had dream to pursue a career in photography or fashion designing. During MBBS days, she had won art related and rangoli competitions.

After starting her own clinic, she also got interested in satin flower making, so created her own Facebook page, Sushama's magic with uploads of satin flower making procedures. Later on, tried hands on various artforms, but sketching is most skillful art learnt during lockdown. Here are some of her artwork

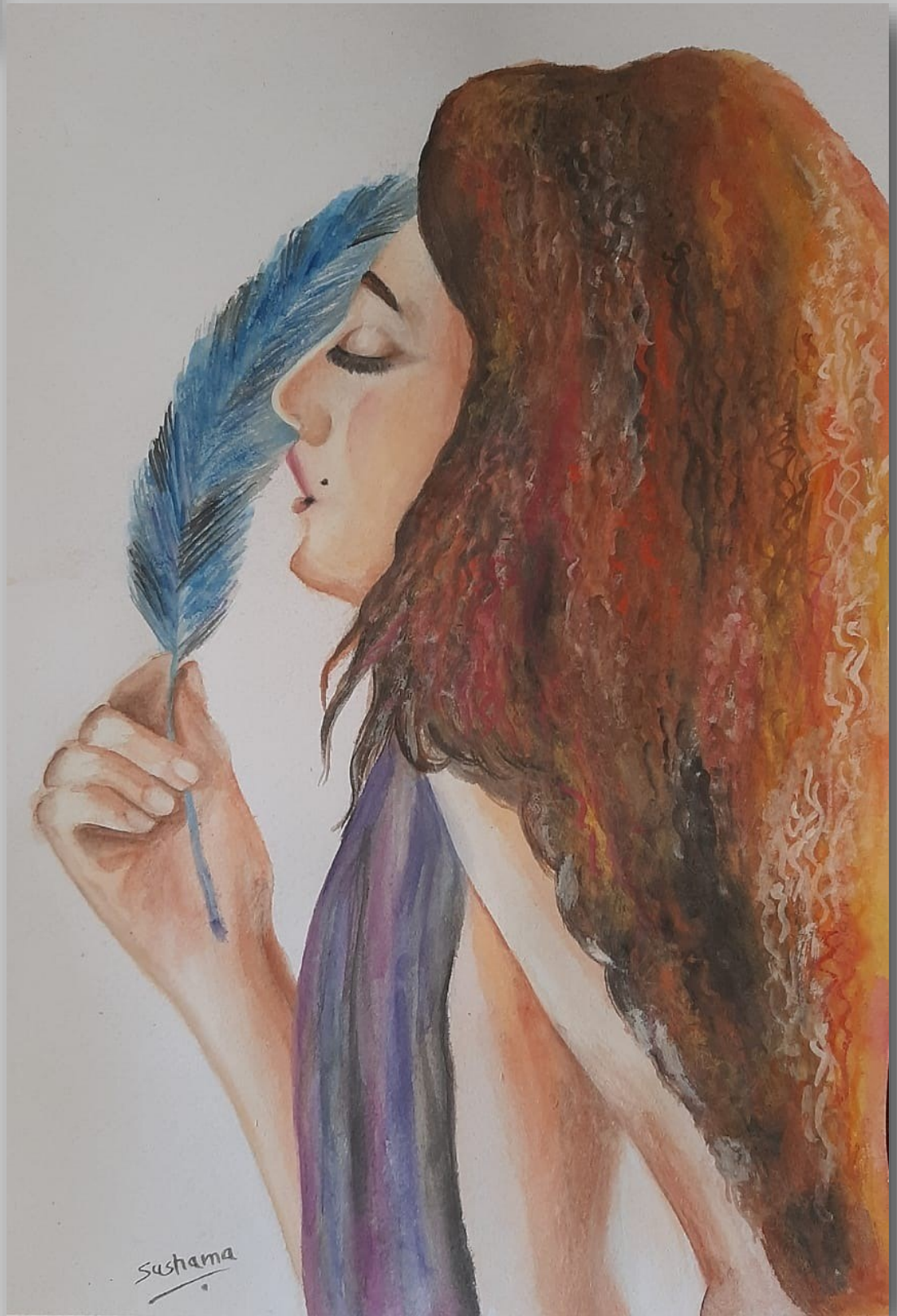


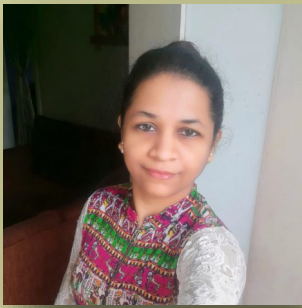
Sushama



Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,

Art

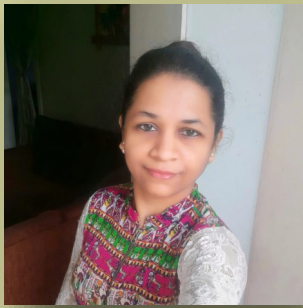




Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,

Art





Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,

Art

Sushama



Sushama



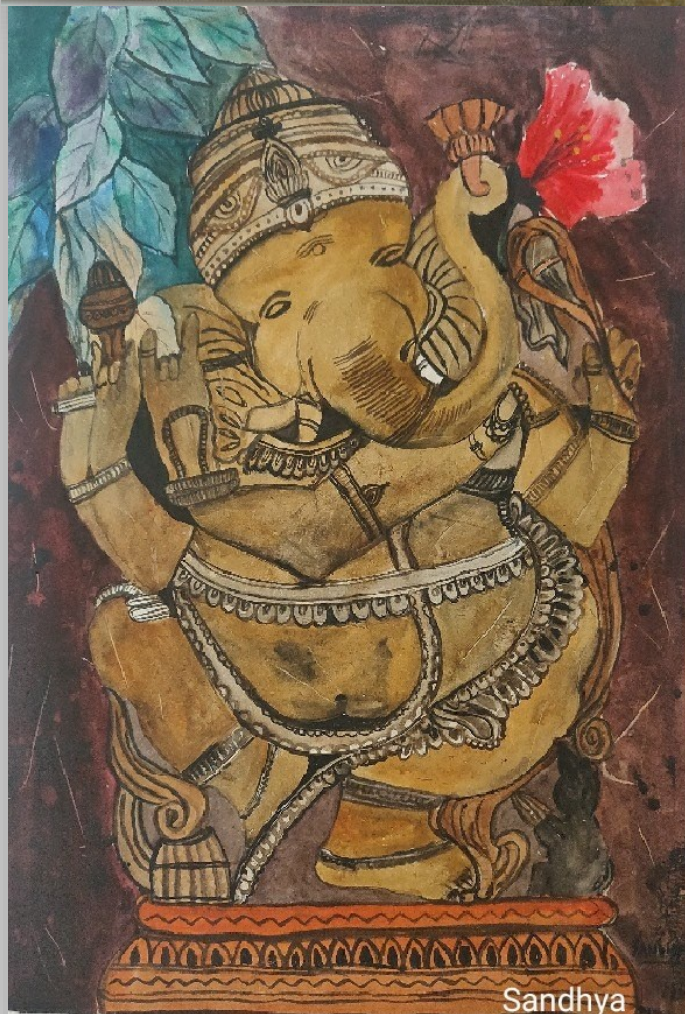
Dr. Sandhya Patil Bhadane.
MBBS, DMRD
Consultant Radiologist
Bhadane X-ray And Sonog-
raphy Clinic,
Pune, Maharashtra.

Art

Dr Sandhya Patil Bhadane is also a fellow Radiologist from Pune. She is working at Bhadane X-ray and sonography clinic and is interested in Fetal medicine. She did her MBBS from BJ GMC Pune and DMRD from Sassoon General Hospital, Pune. Besides radiology her hobbies are painting and cooking and then a full time Homemaker. She had left sketching when she joined medicine. This lockdown gave her a chance to hold her brush again. Watercolor is her hobby, love, passion and she is dreaming to master it. She is a self taught painter and takes help from YouTube tutorials. Paintings gives her Ultimate peace. Here is some of her artwork. I am sure you will love it.



Sandhya



Sandhya



Dr. Sandhya Patil Bhadane.
MBBS, DMRD
Consultant Radiologist
Bhadane X-ray And Sonog-
raphy Clinic,
Pune, Maharashtra.

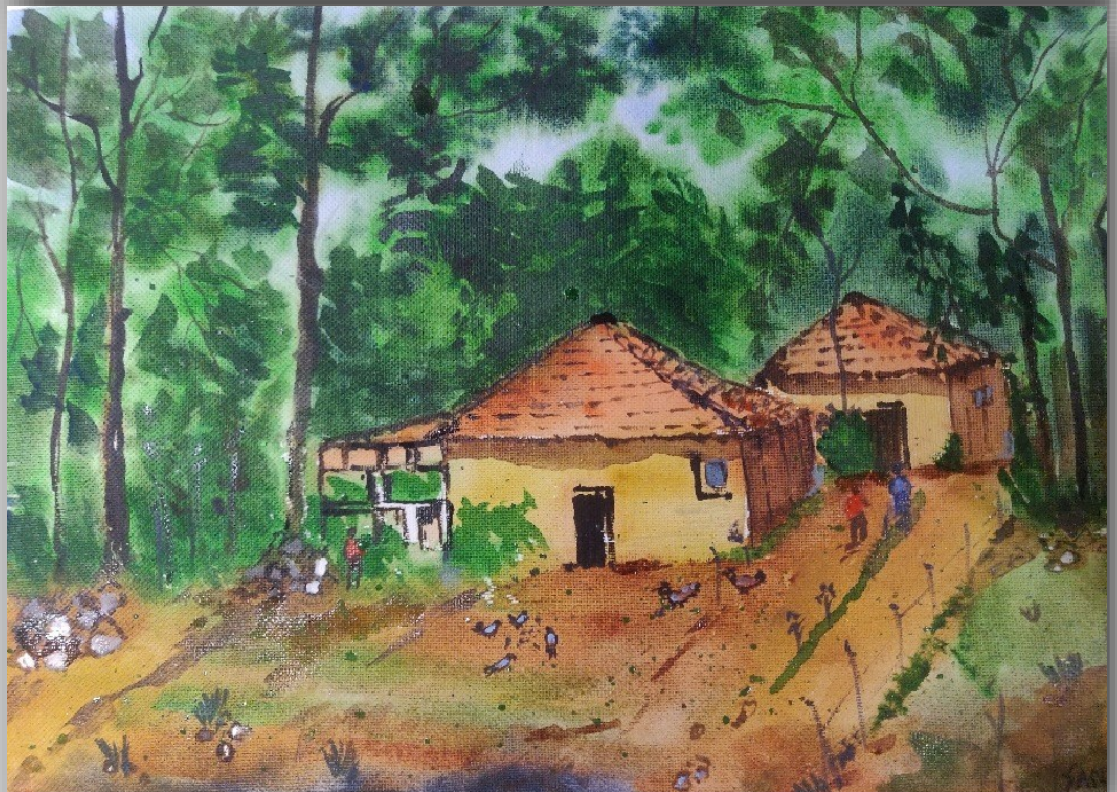
Art





Dr. Sandhya Patil Bhadane.
MBBS, DMRD
Consultant Radiologist
Bhadane X-ray And Sonog-
raphy Clinic,
Pune, Maharashtra.

Art





Dr. Sandhya Patil Bhadane.
MBBS, DMRD
Consultant Radiologist
Bhadane X-ray And Sonog-
raphy Clinic,
Pune, Maharashtra.

Art





Dr. Ritu Gupta
MBBS(Gold medallist) ,PGD
Hospital
management,
Bengaluru

Art

The Pichwai Paintings is one of the most ancient form of paintings. It's a traditional style of Painting Originated from Rajasthan, India and usually depicts Lord Krishna, Cows (as symbols of Lord Krishna) and related stories.



Gond art is a form of painting from folk and tribal art that is practiced by one of the largest tribes in India – the Gond – who are predominantly from Madhya Pradesh, but also can be found in pockets of Andhra Pradesh, Maharashtra, Chhatisgarh, and Odisha. ... The Gond, are the largest Adivasi Community in India.



Dr. Ritu Gupta is a General Physician by profession and is based in Bengaluru. She is an avid photographer and a painter. In this issue we will have some of her paintings here as well as some of her photographs on first and last page of this issue of Reflections. I am sure you will like it.



Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT Surgeon,
Nayagram Multispecialty
Hospital
Govt. of West Bengal,
West Bengal, India.

Art

Dr. Kanchan Pathak is an Otorhinolaryngologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is also one of my classmates and one of my oldest friends from the class. He is a self taught painter and painting is his passion . Here are some of his paintings. I am sure you will love them.

Ghat Temples





Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT Surgeon,
Nayagram Multispecialty
Hospital
Govt. of West Bengal,
West Bengal, India.

Art

Riverside



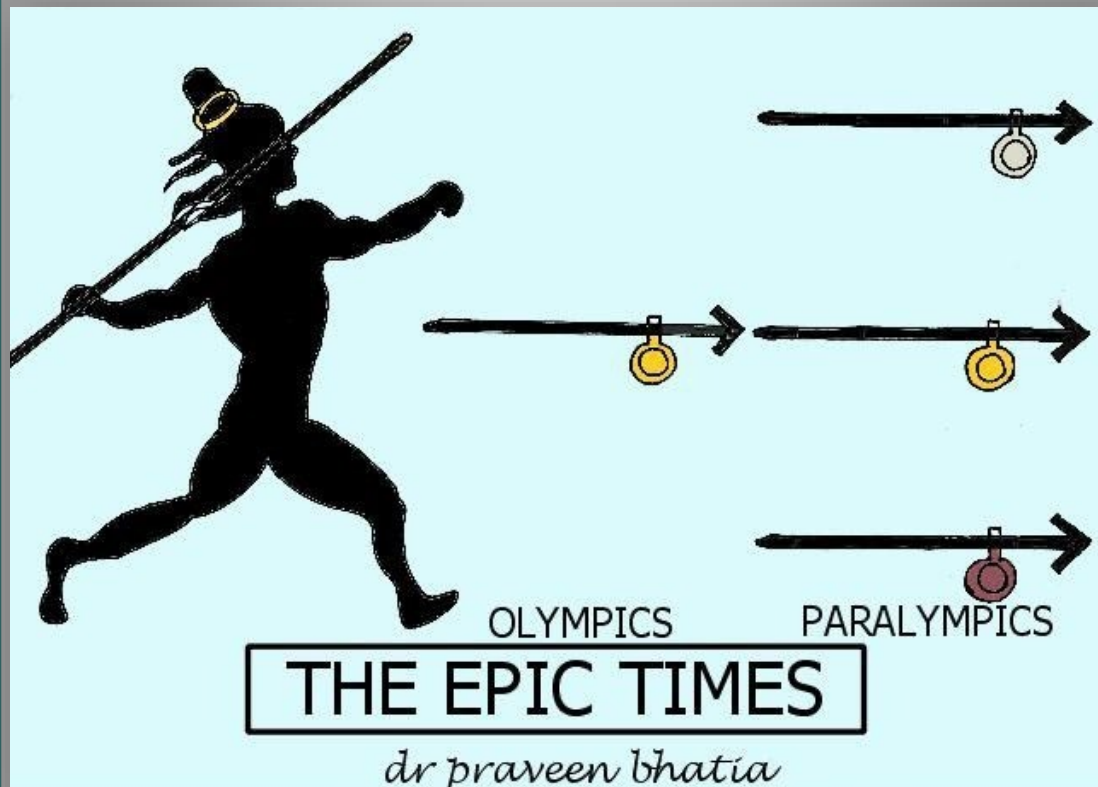
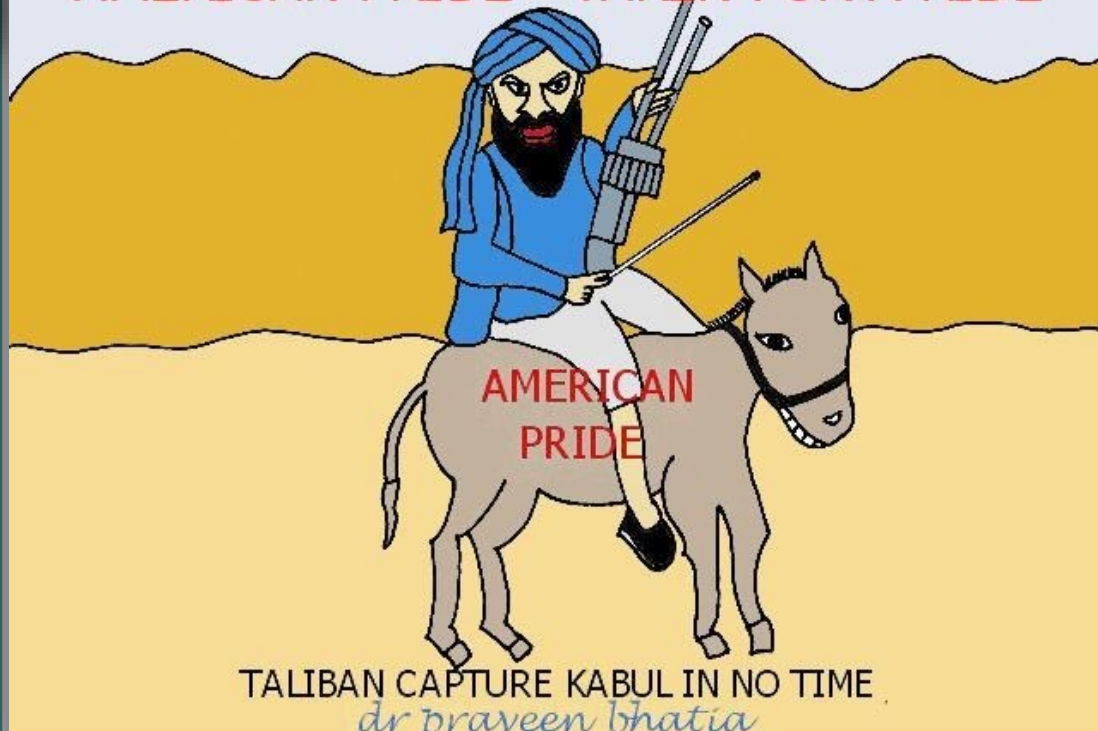


Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

Humour

Dr. Praveen Bhatia is also a fellow Radiologist. He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is also an avid traveller, blogger and corona time singer. Here are some of his cartoons, which I am sure will tickle you.

AMERICAN PRIDE - TAKEN FOR A RIDE





Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

Humour

MATERNITY HOSPITAL

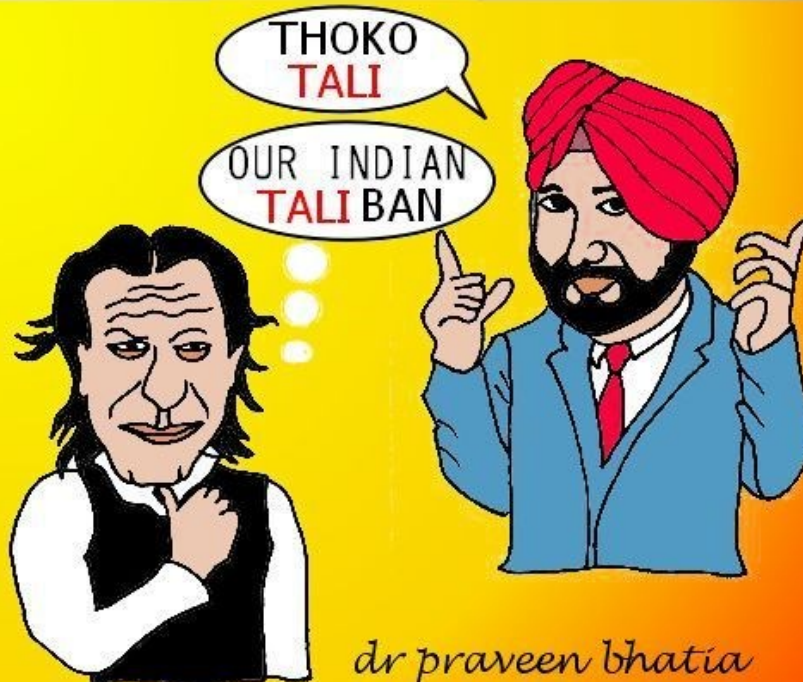
POST MONSOON SPECIAL RELIEF PACKAGE FOR GENERAL PUBLIC



dr praveen bhatia

CAPT. AMARINDER SINGH RESIGNS

SAYS: NAVJOT SINGH SIDHU IS ANTI-NATIONAL & TOO MIXED UP WITH PAKISTAN



dr praveen bhatia



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Photography

Dr. Satyam Kumar Maiti is an Ophthalmologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is an avid photographer and bird watcher. He roams around the world with his camera. He is one of my classmates and a dear friend. We call him modern day Salim Ali {famous Ornithologist}.

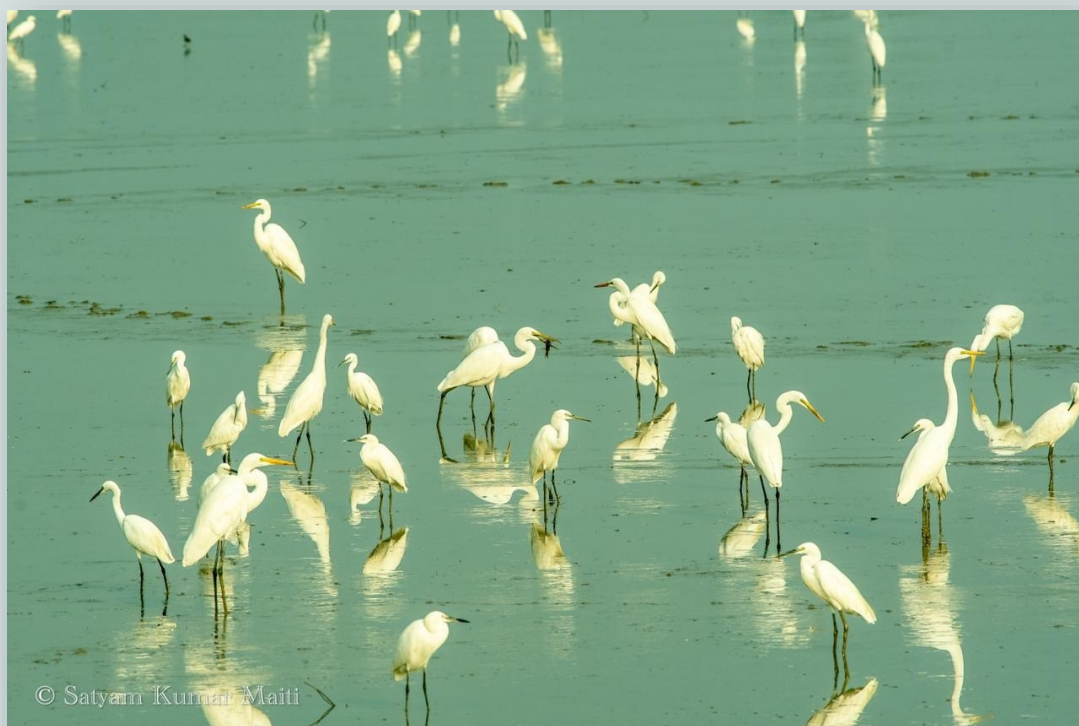
Painting & music were his dream. He learnt classical music from a Ustad who was a teacher of his mom. He graduated in music & progressed to the mark of sangeet prabhakar. Here are some of his photographs. I am sure you will like them.





Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Photography



© Satyam Kumar Maiti



© Satyam Kumar Maiti



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Photography





Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB,
FRCOG, FRCGP, LLB.
Clinical Director,
North Bexley PCN

Glamour Photography

Mr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College. He is probably the most qualified amongst 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. In spite of a very busy schedule, he still manages to pursue his passion for glamour photography. Some of his work is here and I am sure it will please you.





**Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB,
FRCOG, FRCGP, LLB.
Clinical Director,
North Bexley PCN**

Glamour Photography





Dr. Ritu Lokhande
MBBS, DMRE
Radiologist.
Pune.

Culinary Art

Dr. Ritu Lokhande is also a fellow Radiologist from Pune. Women imaging is her area of interest. Apart from radiology she pursues her passion for cooking, dancing and styling. She is a fitness enthusiast, marathoner and yoga expert. She is the styling expert of Mediqueen Mrs. Maharashtra, a beauty pageant organized by the doctors for the doctors in Maharashtra in Jan 2020.

Her natural flair to socialize helps me enjoy a vibrant circle of friends both from medical and non medical fraternities. She can cook almost all the Indian cuisines, Continental, French, Italian. Baking is her all time stress buster. Here is the recipe for Bao.

Ukdiche & Chocolate Modak

Easy peasy No cook instant modak recipe.... it's a fusion of traditional ukdiche modak and trendy chocolate modak ...

Yes, you read it right.... no cooking.... instant modaks to welcome our dear bappa, Modaks are quintessential recipe in most of the kitchen during Ganpati festival wishing all the readers a very happy Ganesh Chaturthi and May Ganpati Bappa bless us with wisdom.

The modaks are a must try.

Ingredients

1.3 Small packs of Oreo white cream biscuits



2.Milk –condensed /full cream ¼ cup

3.Dessicated coconut ¼ cup





Culinary Arts

I believe in old adage -
dil ka rasta pet se hoke
jaata hai.

I was a carefree girl in
my earlier years of
life ,who would never go
to kitchen and always
find excuses to escape
those kitchen rides, nev-
er realised when this
cooking became my pas-
sion.

My mother always used
to say - cooking is love
made edible , I used to
follow my grandmother
wherever she would go,
she used to say spend-
ing the time in kitchen is
a therapy, it just puts me
in a much calmer, less
frazzled mood than sit-
ting on the couch for the
same amount of time.
Plus it gives me an op-
portunity to nurture my
family and friends. To
express my love and
take care of them. I nev-
er realised when this
became the anthem of
my life.

Hearing the words 'this
is amazing' or that tastes
good was a huge moti-
vator for me to keep
spending time in the
kitchen when I was
learning to cook, deep
down you are definitely
enjoying the moment.
This lock down gave
wings to my creativity
and I could sharpen my
baking skills.

Dr. Ritu Lokhande

Steps

For making the covering of modaks

1. Take a bowl separate the creamy portion of biscuits .

2. Make the halves of biscuits and put them in blender to make a fine powder .



3. To this add the milk and knead a soft dough again as if we need it for chapatis .

To make the stuffing

1. Take the creamy portion of biscuits in another bowl
2. To this add desiccated coconut .

The consistency should be of soft dough as needed for chapatis .





Culinary Arts

Get set go for shaping the modaks

1. Take a small dough of biscuit mixture (brown colored) roll it like a ball and put it in the mould

2. Spread the mixture evenly in the mould and with the finger make the central portion hollow



3. the central hollow with the stuffing of white cream and coconut mixture

4. Seal the bottom with biscuit dough

Unmould the modaks and taddda they are ready to be served ...





Bannerghatta National Park is a national park in India, located near Bangalore, Karnataka. This park offers a wide range of diverse wildlife. Spanning an area of 260.51 sq. km., the Bannerghatta National Park boasts of a Lion and Tiger Safari, with enclosures that recreate their natural habitat. From here, you can watch the giant cats in close quarters. Besides, there is a snake park, a butterfly park, a zoo, and a nature camp for children. Adjacent to it is Bannerghatta Nature Camp, a property of Jungle Lodges & Resorts which has tented cottages, log-huts, and dormitory facilities

Photography - Dr. Ritu Gupta

Next issue in November, 2021

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in November, 2021.

I am hereby inviting all the professionals who indulge in extra-curricular activities to share her/his work with me and if it is of good quality, I will surely publish it.

So, I request all of you to contribute to this Newsletter. Please send your material in Word format with good quality images. Please send your photograph and details of your place of work with email address also.

Your material should reach us by 15th. Of October 2021.

What do you feel about Reflections.? How can it be improved? Do you like or dislike something in this publication? Please share your thoughts and I will publish them in next edition of Reflections.

Please write to
reflections2020@hotmail.com
 So long. Viral Parekh



Reflections